

Supplementary data 3. List of reviewed articles

- [A1] Dunkel A, von Storch K, Hochheim M, Zank S, Polidori MC, Woopen C. Long-term effects of Transtheoretical Model-based lifestyle intervention on self-efficacy and self-management in patients with type 2 diabetes: randomised controlled trial. *International Journal of Behavioral Medicine*. 2025;32(1):45-57. <https://doi.org/10.1007/s12529-024-10323-0>
- [A2] Hu L, Shi Y, Wylie-Rosett J, Sevvick MA, Xu X, Lieu R, et al. Feasibility of a family-oriented mHealth intervention for Chinese Americans with type 2 diabetes: a pilot randomized controlled trial. *PLoS One*. 2024;19(3):e0299799. <https://doi.org/10.1371/journal.pone.0299799>
- [A3] Park S, Park JH. Effects of digital self-care intervention for Korean older adults with type 2 diabetes: a randomized controlled trial over 12 weeks. *Geriatric Nursing*. 2024;58:155-61. <https://doi.org/10.1016/j.gerinurse.2024.05.019>
- [A4] Park G, Lee H, Lee Y, Kim MS, Jung S, Khang AR, et al. Automated Personalized Self-Care program for patients with type 2 diabetes mellitus: a pilot trial. *Asian Nursing Research*. 2024;18(2):114-24. <https://doi.org/10.1016/j.anr.2024.04.003>
- [A5] Zhang P, Tao X, Ma Y, Zhang Y, Ma X, Song H, et al. Improving the management of type 2 diabetes in China using a multifaceted digital health intervention in primary health care: the SMARTDiabetes cluster randomised controlled trial. *The Lancet Regional Health - Western Pacific*. 2024;49:101130. <https://doi.org/10.1016/j.lanwpc.2024.101130>
- [A6] Firdaus MKZH, Jittanoon P, Boonyasopun U, Hasan MKC. The effect of mHealth program on behavior modification and health outcomes among patients with diabetes: a randomized controlled trial study. *Belitung Nursing Journal*. 2023;9(5):437. <https://doi.org/10.33546/bnj.2664>

- [A7] Waller KA, Killedar AA, Furber SE, Tan EJ, Gibson AA, Bauman AE, et al. Economic evaluation of a mobile phone text-message intervention for Australian adults with type 2 diabetes. *mHealth*. 2023;9:12. <https://doi.org/10.21037/mhealth-22-26>
- [A8] Jiang Y, Ramachandran HJ, Teo JYC, Leong FL, Lim ST, Nguyen HD, et al. Effectiveness of a nurse-led smartphone-based self-management programme for people with poorly controlled type 2 diabetes: a randomized controlled trial. *Journal of Advanced Nursing*. 2022;78(4):1154-65. <https://doi.org/10.1111/jan.15178>
- [A9] Sayin Kasar K, Asiret GD, Yilmaz CK, Canlar Ş. The effect of model-based telephone counseling on HbA1c and self-management for individuals with type 2 diabetes: a randomized controlled trial. *Primary Care Diabetes*. 2022;16(1):41-48. <https://doi.org/10.1016/j.pcd.2021.09.005>
- [A10] Kim Y, Lee H, Seo JM. Integrated diabetes self-management program using smartphone application: a randomized controlled trial. *Western Journal of Nursing Research*. 2019;44(4):383-94. <https://doi.org/10.1177/0193945921994912>
- [A11] Benson GA, Sidebottom A, Hayes J, Miedema MD, Boucher J, Vacquier M, et al. Impact of ENHANCED (diEtitiaNs Helping pAtieNts CarE for Diabetes) telemedicine randomized controlled trial on diabetes optimal care outcomes in patients with type 2 diabetes. *Journal of the Academy of Nutrition and Dietetics*. 2019;119(4):585-98. <https://doi.org/10.1016/j.jand.2018.11.013>
- [A12] Boels AM, Vos RC, Dijkhorst-Oei LT, Rutten GE. Effectiveness of diabetes self-management education and support via a smartphone application in insulin-treated patients with type 2 diabetes: results of a randomized controlled trial (TRIGGER study). *BMJ Open Diabetes Research & Care*. 2019;7(1):e000981.

<https://doi.org/10.1136/bmjdr-2019-000981>

- [A13] Chao DY, Lin TM, Ma WY. Enhanced self-efficacy and behavioral changes among patients with diabetes: cloud-based mobile health platform and mobile app service. *JMIR Diabetes*. 2019;4(2):e11017. <https://doi.org/10.2196/11017>
- [A14] Ramadas A, Chan CKY, Oldenburg B, Hussein Z, Quek KF. Randomised-controlled trial of a web-based dietary intervention for patients with type 2 diabetes: changes in health cognitions and glycemic control. *BMC Public Health*. 2018;18:5640. <https://doi.org/10.1186/s12889-018-5640-1>
- [A15] Kleinman NJ, Shah A, Shah S, Phatak S, Viswanathan V. Improved medication adherence and frequency of blood glucose self-testing using an m-Health platform versus usual care in a multisite randomized clinical trial among people with type 2 diabetes in India. *Telemedicine and e-Health*. 2017;23(9):733-40. <https://doi.org/10.1089/tmj.2016.0265>
- [A16] Orsama AL, Lahteenmaki J, Harno K, Kulju M, Wintergerst E, Schachner H, et al. Active assistance technology reduces glycosylated hemoglobin and weight in individuals with type 2 diabetes: results of a theory-based randomized trial. *Diabetes Technology & Therapeutics*. 2013;15(8):662-69. <https://doi.org/10.1089/dia.2013.0056>
- [A17] Trief PM, Izquierdo R, Eimicke JP, Teresi JA, Golland R, Palmas W, et al. Adherence to diabetes self care for white, African-American and Hispanic American telemedicine participants: 5 year results from the IDEATel project. *Ethnicity & Health*. 2013;18(1):83-96. <https://doi.org/10.1080/13557858.2012.700915>